The project was supported by global, regional and country-based experts from member agencies of the IASC. In addition to parents, caregivers, teachers and children in war countries, a global survey was distributed in Arabic, English, Spanish, French and Spanish to assess children’s mental health and psychosocial needs during the conflict. A handful of frameworks and tools were addressed through the story. The story was developed using the survey results. The book was shared through storytelling to children in several countries affected by conflict, providing feedback from children, parents and caregivers was then
used to review and update the story. Over a 1000 children, parents, caregivers and teachers from around the world took the time to share with us how they were coping with the COVID-19 pandemic. I wish thank you to these children, their parents, caregivers and teachers for completing our surveys and influencing this story. This is a story developed for and by children around the world.

Acknowledgement: Helen Paton for writing the story script and illustrating this book.

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Parent, Caregiver or Teacher,

The supplementary guide, titled "Actions for Heroes" (to be published later) offers support for addressing topics related to COVID-19, including helping children manage feelings and questions, as well as supplementary activities for children to do based on the age.

Translations

The reference group will work on coordinating and circulating translations in Arabic, Chinese, French, Russian, and Spanish.

Contact the reference group for mental health and psychosocial support (MHPSS) (mhpss@reliefgroup.org) for coordination of translations in other languages. All completed translations will be posted on
The use of a reference group website

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There is a photo of a mother and her daughter. The mother is holding a book whilst looking at her son who is also holding a book. They are both sitting on a bench.

Print page

Page: Picture of a mother and daughter sitting on the girl’s lap. The girl is on the mom’s lap, and she is holding a piece of paper with a drawing.
A human named
Sara lived in a virus. The cat
sitting behind them and the
elephant Sleping through the
vaccines. Both animals said to
just listening to the
conversation between the mother
and her child.

Sara's mom is her hero because
she is the best mom and the best
scientist in the world, but
even
Sara's mom cannot find a cure
for the coronavirus.

"What does coronavirus look
like?" Sara asked her mom.
"Coronavirus or the
Coronavirus is so tiny so
can't see me," said her mom.

"But it spreads in the coughs
and sneezes of people who are
sick, and when they touch people or things around them.
People who are sick get very fever and a cough and can have some trouble breathing."
"So we cannot fight it because we cannot see it," Sara said.
"We can fight it," said Sara's mom. "That's why we need you to be safe. The virus affects many kinds of people, and everyone can help us fight it. Children are special and they can help too. You need to stay safe for all of us. I need you to stay my here."
Sara laid in bed that night and still not feel like she had all. She felt upset. She wanted to go to school but her school was closed. She wanted to see her friends but it was not safe. Sara wanted the
"Coronavirus to stop sharing her world.
"There's have super power," she said to herself, closing her eyes to sleep.
"What do I have?"
Suddenly a gentle voice whispered her name in the darkness.
"Here I am," she whispered back.
"What do you need to take here?" she asked.
"I need to tell all the children in the world how to protect themselves so they can protect everyone else..." said she.
"So what do you need me to be?" she asked.
"I need something that can give something with rain.
Well... and something that can help."

With a shiver, someone cringing stepped into the moonlight.

PLANT PAGE 2

Up: A picture of Sara just taking up but not sitting on her

PLANT PAGE 3

Here: A picture of Sara holding a doll facing Ari

and talking to him.

"What are you?" asked Sara.

"Sar-a," he said.

"I've never seen an Ari

before," said Sara.

"Well, I've been here all

along," said Ari. "I come

from your heart."

"If I have you then I can

sell all the children in the
WORLD ABOUT THE "CORONAVIRUS,"
Said Sara.
"I CAN BE A HERO; BUT WAIT,
SARA IS IT SAFE TO TRAVEL
WITH THE "CORONAVIRUS AROUND?"
"ONLY WITH ME, SARA," Said
Sara. "NOTHING CAN HARM YOU
WHEN WE ARE TOGETHER."

PRINT PAGE 16
Sara is sitting in Sara on
Sara's bed, flying in the sky.
Sara is holding a paper with
a drawing on it, showing how the
"CORONAVIRUS looks like and
it is also labeled "WORLD,"
so Sara jumped on Sara's
back and together they soared
into her bedroom window, into the night sky.
They flew towards the stars
and said hello to the moon.

PRINT PAGE 16
As the sun rose, they landed in a lovely desert by pyramids where a small group of children were playing. The children waved out in joy and waved at Sara and her friends.

"Welcome to the desert." cried one of the boys.

"What are you doing here?" asked Sara, and Sara and this is here... Did you know that children can keep their neighbours, friends, parents and grandparents safe from the coronavirus?" said Salem with a smile.

"Children's hands with soap and water." said Salem with a smile.
"We know there is also
much dust into our elbows and we're
sick and we save so people
instead of shaking hands, we
try to stay inside, but the life
in a very crowded city, not
everybody is staying home.
"Even maybe I can help
that," said Alice. "They can't
see the coronavirus, but... they
can see the jump one, but
please sit on both sides of the
thing... they are at least one
metre apart."

A photograph of four
children in the desert
wearing a mask with some big
toothbrushed in their
hair and the sun is smiling at
all of them.

Next page

Sun glow into the sky with
Salem and sit on both of his
Salem: The crew across the deck
and began to roar and sing.
Salem cried out to the
children in the streets:
"Tell your families, we
are still inside. Stay in the
areas we reach other best by
staying home!"
People were amazed by what
they saw. When Salem and
Salem to go into their houses.

A picture of a Reo
flying with Salem and Salem on
his back over the city.

John said:
Also stared which into the
sky. Salem cried out in joy.
Up there in the clouds a
plane flew by, and the
passengers looked out at them
in awe. "People will have to
stop travelling slow at least
for now," said Salem. "When
are closing the borders across the world and we should all stay there where we are and with people we love.”

In my picture of the world, people are struggling while people on the plane are looking at them in awe.

There was a sense that someone who makes me feel safe. "said Isra.

"I know. I think of all the people who help me feel safe like my grandparents," said Isra.

Isra said they can not visit than is huge because they could give them the coronavirus. So usually see them every weekend but not now because we have to keep them safe."
"Can you call them?" Sara asked her friend.
"I'll get it," said Salem.
"When I call me every day and I tell them about all the things we are doing at home.
"It makes me feel better, and it makes them feel better, too.
"It is normal to miss people we love that we cannot see right now," said Salem.
"It shows how much we care.
Would it make you feel better to meet other heroes?"
"Yes please!" Sara and Salem cried back.
"Great! My friend Sara has a very special superpower," said Salem.
"Yes yes.
Imagine your grandfather with a walking stick in his hand and with the
Other hand the is holding a telephone to his ear. Making a call.

Erin gasped as she picture of a girl on a sled. She was outside her house picking some fresh flowers from the garden. There is also a rabbit near the flowers. As Erin the girl is the picks flowers and so they started down so earth and landed by a small village. A girl was outside her house picking flowers. When the saw she and the children sitting on his wings, she laughed.

"What?" she cries.

"We have to stay at least one meter apart so I will thrust you's huge those are you all doing here?"
"I felt your hug when you told me that, Sara," Sam said.
"I love you so much," Sara replied. "I wanted my friends to learn about your superpowers."
"What is my superpower?" said Sam.
"Since someone in your family got COVID, you are staying at home to make sure you don’t spread the coronavirus to anyone else," said Sara.
"Yes, I miss my dad and he’s staying in his bedroom until she gets completely better," said Sara.

PRINT PAGE 2
"But it’s not so bad. We play games, cook, spend time in our garden and have walks together. My brothers and I touch our
Joe and Daniel are now back in school, continuing their learning. Joe sometimes misses staying at home but now it feels normal. "That's not always easy," said the teacher. "You are finding ways to have fun and get along with your loved ones at home. That makes you my hero!" "Do you ever fight with your family?" asked Mel. "We fight sometimes," said Joe. "We have to use extra patience and extra understanding, and even guiltier to say I'm sorry. That is a real superpower because it can make ourselves and others feel better. We also need a little time alone.
LOVE DANCING AND SINGING ON MY 
OWN, AND I CAN CALL MY 
FRIENDS SOMETIMES..."
"WHAT DO YOU THINK ABOUT PEOPLE 
WHO ARE FAR FROM HOME OR DON'T
HAVE A HOUSE?" SAID SAR.
"THAT'S A GREAT QUESTION.
SAR!" SAID SAR.
"LET'S GO AND FIND OUT!"
SAR AND SALMA, SARA AND SAR
SAT DOWN ON THE STAIRS. 
SAR AND SARO FLYING OVER THE
SKY, AND SO THEY SAID GOODBYES
TO SARO AND SET OFF ONCE MORE.
THE AIR GROW WARMER AS THEY
I landed on an island surrounded by the sea.

A girl was standing there. She saw the camp full of people.

She said, "Hi, I'm so happy to see you again!" She called out.

"We are trying to stay at least one meter away so we'll talk to you from here. But I love to meet your friends. My name is Orella."

"Hi, Orella! I'm Sabine and this is Jasmine," she called out.

"It sounds like you're trying to protect yourself from the coronavirus. What else are you doing?"
"Are we washing our hands with soap and water?" Leila asked.

"Do you also cough into your elbow?" asked Salem.

"Can you show us how?" Leila called back.

"So Salem showed them,

"We are all trying to be safe, but I am worried about something," said Leila.

"Can I talk to you or with you? I have heard someone got sick and spread and it made me very afraid. So if three people can jump from coronavirus."

Leila watched Leila, her three friends and the cat, looking at Salem who is demonstrating how to cough into the elbow.
Baron breathed in a big sigh and sat down on his enormous button.

"Yes, little heroes. It's strange," said Pino.

"Some people don't feel sick at all, but some people can be very sick and some might even die. That's why we all have to be especially careful with older people and those with other illnesses. Because they tend to get more sick. Sometimes when we are feeling very afraid or unstable, it can help to imagine a safe place in our minds. Would you like to try this with me?"

They all said yes, and so Pino asked the children to close their eyes and imagine a place where they felt safe.
"Focus on a memory or a place when you felt safe," said Sara.
She then asked them what they could see, what they could feel, and what they could smell in their safe place. She asked if there was anyone special they would like to invite into their safe place and that they might talk about together.

"You can go to your safe place whenever you feel sad or scared," said Sara.

"This is your super power, and you can share it with your friends and family. And remember that you care about you and many people who want will help too."
"We can all care for each other, that's right, isn't it?"

"We can care for each other, wherever we are. Would you like to come with us on our last journey?"

Jane decided to travel with Airin and her new friends.

"She was glad Elsa joined us because she knew that sometimes we need to support each other, when flying together without bombs, but also knew her new friends would be more about her..."
Once upon a time, there were three children playing by the stream. One of them is holding a monkey on one of his hands.

Snow mountains slowly made into view, and Mario landed in a small town. A few children were playing by the stream.

"Scrips," one of them cried, having said to him.

"Hello, Gold," said Arnie.

"Everyone, I wanted you to meet some friends of mine who have read the coronavirus and got better."

"What was it like?" asked Sven.

"It was coughing and felt too hot sometimes."

"It was also really tired and doesn't want to play for a few days," said John.
"Just as I slept in bed and my family took care of me, some of our parents and grandparents had to go to hospital. The nurses and doctors were very kind to them, and people in the community helped us at home. After a few weeks, we were okay again."

A girl page was.

This is a picture of sale and the six children holding a conversation.

"No henses friends," said one of the other children.

"Just because I can read the Kermit's verse, it doesn't mean I should friends... even though I couldn't see him, I never stopped caring about him and hoped he'd have fun together again."
"Sometimes the most important thing we can do as friends is protect each other," said

"Even if that means staying away from each other for a while." And time for Sara to say goodbye to her new friends.

They promised each other that they would never forget their adventure together. Sara felt sad that they might not see each other for a while, but she felt better when she remembered what her mom said: just because you can't see people, it doesn't mean you stop loving them.

PRINT PAGE 220

Sara's picture of Sara
sailed and sailed on siren's
soul, flying towards the moon.
Sara stared at the picture on the wall, her eyes filled with tears. Herbooleanheart seemed to be on her blanket.

She dropped the plants back to their homes and waited for Sara to fall asleep before she left.

"Can we do the same tomorrow?" Sara asked him.

"I think it's time for you to go home with your family now," said Ari.

"Remember our story. You can keep those you love safe by washing your hands and staying home. I'm never far away. You can always be with me when you go to your safe place."

"You are my hero," she whispered.
"You are my hero. That's why you are here to tell these stories. You love.

She told a story and then she woke up the next day. She was gone, so she went to her safe place and told him. Then they drew everything they had seen and learnt on their adventure. She ran to her mum with her drawings to tell her the news.

"We can all help people. We can help each other."

"I met so many heroes on my adventure."

"Oh Sara, you are right."

"There are many heroes keeping people safe from the coronavirus. Like medical doctors and nurses."

"You are amazing. I wish we could all be

"
Heroes, every day, and my biggest hero is you."

Big, big picture of Sara and her mum hugging. Mum is holding the drawing.